

Intended use and indication

Our walking aids are for people with significant mobility impairment in the case of damaged movement, impaired balance with sufficiently preserved walking ability and impaired coordination. They serve to maintain, promote and secure walking or to partially or completely relieve the strain on a lower limb in the case of significantly impaired hand function. The walking aids can be used indoors and outdoors. **It is also imperative that you observe the safety instructions!**

Contraindication

The use of walking aids is unsuitable if there is a loss of limb in both arms or joint contractures/joint damage in both arms.

General safety information

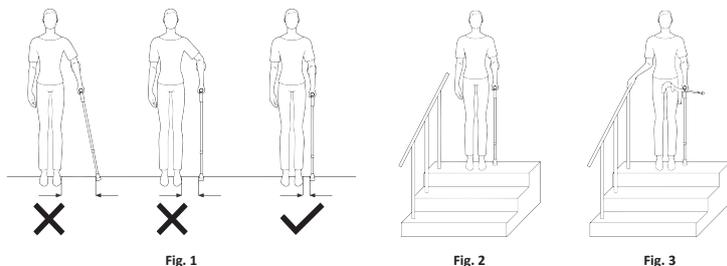
Do not hang bags, pouches or other objects on the walking aid! **Walking aids must never be used for purposes other than those for which they are intended**, e.g. for levering or moving objects or as a switching aid for light switches or lift buttons! The grip of the ground is crucial for the safe hold of the walking aids! Avoid damp floors or surfaces such as gravel, sand, leaves, ice or snow! **Watch out for tripping hazards** such as uneven surfaces, holes in the floor, loose floor coverings or edges, because the walking aid can slip away unexpectedly or sink in! Particular care should be taken in insufficient light conditions, as irregularities in the ground are then difficult to see! The holes for adjusting the walking aid are subject to a certain amount of wear. Make sure that they are not worn out. The plastic clip must be inserted positively. Before each use, check that all screw connections are firmly tightened!

Adjusting the walking aid

Warning! For the functionally and ergonomically correct adjustment, please contact your specialist dealer! Incorrectly adjusted walking aids can restrict the functionality of the walking aid or lead to overloading or incorrect loading of the patient or incorrect strain on the patient! The walking aids are handed over to you as a patient in a proper condition and are individually adjusted to your body by your specialist dealer or nursing staff. If you are unsure whether this is the case, please contact the specialist please contact the responsible specialist personnel. The walking aid can only provide you with the desired relief if it is optimally adjusted to your body size. **Height adjustment:** To adjust the desired height, loosen the screw sleeve by turning it clockwise by approx. one turn. Unlock the height adjustment by pushing out the clip. Adjust the length of the support to your body height by pulling the support tubes apart or pushing them together. Lock the height adjustment again by aligning the tubes so that two locking holes are on top of each other and reinsert the clip. Tighten the screw socket again. **Adjusting the upper part:** To adjust the desired length between the armrest and the handle and the angle of the handle, loosen the two screws below the handle with the Allen key provided. Slide the handle bar to the desired length between the armrest and the handle. Tilt the handle to the angle that is comfortable for you. Tighten the Allen screws again. Place the supplied Velcro straps over your forearm and fasten the ends to the Velcro. The Velcro should only rest on your forearm with light pressure. If necessary, the Velcro straps can be shortened individually with sharp scissors. **Caution:** Risk of falling due to the walking aid buckling if the height adjustment is not locked correctly! After each adjustment, check the correct locking by trying to twist or move the support!

Use

The use of the walking aids can be very different and depends on the individual limitations of the walking ability. Have your specialist dealer or health care personnel instruct you in the use of the walking aids! Walking aids must not be used in water. Permanent contact of the walking aids with moisture is to be avoided. In case of moisture, the walking aids are to be dried accordingly. The correct handling of the walking aid requires some practice. We recommend that you have an assistant support you in the beginning. We recommend the use in pairs for support on both sides! Nevertheless, use only one support, then always on the side opposite the injured leg or the leg to be protected! Guide the walking aids close to the body, not diagonally outwards (Fig. 1)! Otherwise you could fall! When using the walking aid(s), grasp the handle(s) completely and firmly with your hand! Always place the walking aids as straight as possible on the floor so that you do not slip away! Find chairs with armrests to sit on. You can then support yourself on the armrests when standing up! Wear shoes that are as comfortable as possible and have flat heels so that your leg can better cope with additional strain! **If you do fall:** If possible, let the walking aid fall to the side so that you do not fall onto it! If possible, have an assistant accompany and support you so that they can catch you if you fall! If possible, have qualified personnel instruct you in climbing stairs with a walking aid! When climbing stairs with only one walking aid, please be sure to hold on to the railing with your free hand (Fig. 2)! When climbing stairs and using two walking aids, please hold both walking aids together in one hand and be sure to hold on to the railing with your free hand (Fig. 3)!



Precautionary measure

Using a walking aid places an unusual amount of strain on individual parts of the body! This may result in the following undesirable side effects: The hands, arms or items of clothing may encounter pressure or chafing! When using two walking aids, make sure that you bear the entire body weight with your arms and shoulders! Keep in mind that this can lead to pain and overexertion at the beginning or during prolonged exertion! It is important to take sufficient breaks!

Storage and care

Never store the walking aids in the vicinity of heat sources such as furnaces, heaters or in places susceptible to heat in a car! Do not expose walking aids to sunlight for prolonged periods of time! Strong sun or heat damages the plastic! Protect your walking aids from toppling over and from damage to the paintwork (e.g. by using straps or holders). **The rubber buffer is a wearing part and must be replaced at regular intervals.** Walking aids must only be used again after an extended period of non-use following prior inspection by qualified personnel! **Warning!** Never clean handles and rubber caps using oily substances! There is a risk of slipping! In the event of contamination, clean the walking aids using a mild cleaning agent and a soft cloth where necessary. **Never** use cleaners containing solvents, since these will damage the plastic! **Note:** Should disinfection be required, then a suitable disinfectant agent should be used. Please follow the manufacturer's instructions for use.

Limitation of use

The walking aid must only be subjected to loads in accordance with the manufacturer's instructions. **Observe the maximum permissible body weight that is specified on the product!** Please contact your specialist dealer in the case of greater loads or in case of any doubts. Bent or damaged walking aids must not be used under any circumstances, since they can no longer offer the necessary stability! Bent walking aids must also not be straightened because of the risk of breakage! **Note:** All serious incidents that occur in connection with the product must be reported to the manufacturer and the competent authority of the Member State in which the user and/or the patient is located.

Re-use (rental) / duration of use

We shall only accept liability pursuant to the Product Liability Act for the initial placing of our products on the market. We only consent to reuse if we have first inspected the product. **The service life of the arthritis crutch is limited to 2 years.** The user shall be responsible for the continued use of the arthritis crutch after this time.

Warranty and liability

You have purchased a high-quality Kowsky product. In the event of a justified material defect in spite of the highest quality standards, Kowsky reserves the right, as part of a 12-month warranty, to either repair the defective item or replace it with a defect-free follow-up delivery, at its own discretion. Please note that stricter legal regulations are applicable to our finished products, in particular custom-made products. We shall not be liable for any damage caused by modifications to our products. The warranty does not cover defects attributable to wear and tear or improper handling. Wear parts are excluded from the warranty. Only original replacement parts and accessories must be used! Please contact your specialist dealer for replacement parts, accessories and repairs.

Disposal

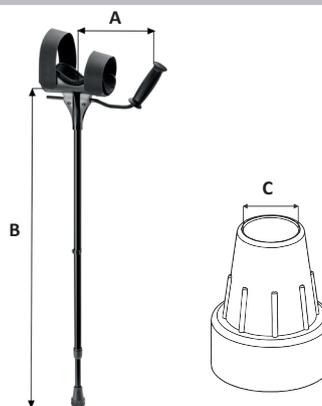
Please consult your specialist dealer about the regional disposal regulations.

Technical data

| REF | | A | B | C | |
|------|------------------|--------------|-----------------|-------|--------|
| 1255 | arthritis crutch | 19 cm- 26 cm | 86,5 cm- 119 cm | 16 mm | 140 kg |

Ersatzteile

| REF | | rubber capsule | clip | arm pad | velcro tape |
|------|------------------|----------------|------------|------------|-------------|
| 1255 | arthritis crutch | Art. 71600 | Art. 13120 | Art. 12564 | Art. 12562 |



Accessories

The approved accessories for your walking aid can be found at: <https://shop.kowsky.de/downloads-zum-produkt/>



Symbol directory

| | | | | |
|--------------|-----------------|---------------------------------|-------------------------|---|
| Item number | Batch number | Read the operating instructions | Attention | This product complies with the requirements of Regulation (EU) 2017/745 (MDR) |
| Manufacturer | Distribution by | Date of manufacture | Permissible body weight | Medical device |

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